

45th Sust. Bde. bids farewell for Afghanistan



Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public Affairs

Col. Jeffrey Drushal (right), commander, 45th Sust. Bde., 8th TSC, and Command Sgt. Maj. Roger O. Bynoe (left), senior enlisted leader, 45th Sust. Bde., case the brigade's colors in preparation for its deployment, Jan. 7.

SGT. 1ST CLASS MAURICE SMITH
45th Sustainment Brigade Public Affairs,
8th Theater Sust. Command

SCHOFIELD BARRACKS — Family members, friends and distinguished leaders bid farewell and wished a safe journey to the Soldiers of the 'Lightning Support' Battalion during a deployment ceremony, Friday, at Hamilton Field, here.

The 45th Sustainment Brigade, 8th Theater Sust. Command, will deploy to Afghanistan in support of a yearlong mission tied into Operation Enduring Freedom.

The unit supported OEF once before in 2009, and it also made history in 2006 by being the first sustainment brigade in the U.S. Army to transfer authority from one sustainment brigade to another while deployed to Iraq.

During the deployment ceremony, hundreds of Soldiers stood in formation and watched as key leaders marched throughout the parade field and cased the brigade's colors to identify the beginning of the deployment.

Leaders then spoke and honored the Soldiers' family members, reassuring them that the unit was fully trained and had the ability to succeed in its mission ahead.

"Today, we are here to say farewell to this amazing unit, to celebrate the accomplishments of its Soldiers and families, and to look forward to the triumphs and challenges as the Soldiers in this unit deploy to Afghanistan," said Maj. Gen. Michael J. Terry, commander, 8th TSC. "In addition to the logistics mission, these Soldiers are warriors, fully trained to fight and win

against an enemy they encounter." Col. Jeffrey Drushal, the brigade commander, was also very confident in his Soldiers.

"(The 45th Sust. Bde.) will assume control of three battalions and provide distribution and logistics support to multinational forces and to the famed 82nd Airborne Division, in some of the most inhospitable terrain imaginable," Drushal said. "These warriors have culminated their training and are ready to deploy. This team is prepared."



Sgt. 1st Class Maurice Smith | 45th Sust. Bde. Public Affairs, 8th TSC

Capt. Aaron Mann gets a warm embrace from his daughter after the brigade's deployment ceremony, Jan. 7, at Hamilton Field, Schofield Barracks.



Sgt. 1st Class Maurice Smith | 45th Sust. Bde. Public Affairs, 8th TSC

1st Sgt. Jeremiah Walker, Headquarters and Headquarters Company, 45th Sust. Bde., 8th TSC, leads his "Lightning Support" Soldiers onto the field, Jan. 7. The company is set for its yearlong deployment to Afghanistan.

Updated maps aid in locating downed pilot

70th Geospatial Eng. Co. plays integral role in locating aircraft's crash coordinates, pieces

2ND LT. KYLE SUCHOMSKI

65th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — At 1 a.m., June 23, 1945, Ensign Harold DeMoss piloted an F6F-3 aircraft, from Naval Air Station Barbers Point, on a night-tactics training flight near Oahu's North Shore.

DeMoss lost control of the plane and crash-landed in the Kahuku Mountains.

It took almost three days for the recovery party to break through the dense vegetation and reach the badly burned wreckage. The pilot's remains were interred at the crash site, and over time, the aircraft's exact location was lost in the rugged, overgrown terrain.

DeMoss' surviving family members sought to recover his remains and bring them home, enlisting the help of the Hawaiian Aviation Preservation Society, or HAPS, a nonprofit group that works to assist the Joint Prisoners of War/Missing in Action Command, commonly referred to as JPAC.

Scott Gier, HAPS search team leader, was first to begin coordinating recovery effort and led a series of excursions to the Kahukus. The methodical and tedious recovery process began with a map analysis.

The search team discovered that the original accident report's grid coordinates were from a 1943 topographical map. These old maps, while effective for their time, are perilously imprecise by today's standards.



Courtesy of the DeMoss family

Ensign Harold DeMoss (front row, left) is photographed with fellow pilots on the ramp at Naval Air Station Barbers Point in 1945. Recently, 70th Geospatial Eng. Co. helped locate his wreck site.

The HAPS team determined it needed to rectify the coordinates from the 1945 Department of the Navy accident report to reflect more recent datum. For this task, the search team turned to the 70th Geospatial Engineer Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater

See MAPS, A-7

'Gimlet' team leaders train for future success

CAPT. TRISTAN BETTS

1st Battalion, 21st Infantry Regiment Public Affairs,
2nd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS – Senior noncommissioned officers from the 1st Battalion, 21st Infantry Regiment, "Gimlets," 2nd Brigade Combat Team, 25th Infantry Division, conducted the Gimlet Team Leader Course, here, recently.

The course was the battalion's first step in training and certifying leaders as the Gimlets prepare to execute collective training in January.

During the week, team leaders participated in multiple classes where they received in-depth instruction on a wide range of topics, including physical fitness planning and the eight Troop Leading Procedures.

Prior to daily academic instruction, students conducted intensive physical readiness training, designed to demonstrate what is expected from small-unit leaders. Company first sergeants, the battalion's operations sergeant major and command sergeant major each spent time mentoring junior leaders and encouraging participation and interaction.

"As we start the road to the next chapter of our Gimlet history, it's only fitting that we conduct training, like our Team Leader Course, to ensure that our team leaders are adept in the basic skills that will allow them to train and take care of our Soldiers," said Command Sgt. Maj. Mervyn Jobe, senior enlisted leader, 1st Bn.,

See GIMLETS, A-7

Yearly review | A-3

U.S. Army Hawaii units detail and recall significant 2011 accomplishments, on island and throughout the world.



A new look | B-1

The Hawaii Army weekly launches a new design for the print edition and online. USAG-HI goes live with new website branding.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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USARPAC outlines Hawaii's importance to Army, Pacific

W.B. TERRY
U.S. Army-Pacific

FORT SHAFTER — Senior military leaders met for the 11th annual Hawaii Military Partnership Conference, Jan. 5, in Waikiki.

Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, and other Pacific Command component commanders from each of the services based in Hawaii, presented an overview of current and projected posturing of the U.S. military in Asia and the Pacific to the Military Affairs Council, the Chamber of Commerce and other officials.

Wiercinski stressed the importance of Army forces in the Pacific.

"I'm here today to talk about the Army," he said. "What is a fact is that in a geopolitical and economic sense, the Pacific is the future. And it is, in this century, because you are seeing a fundamental shift from Europe to the Pacific of our forces, of our priorities and where we're headed."

He stressed the significance of Hawaii to USARPAC.

"Obviously, our center of gravity is here in Hawaii," he said. "It's where the majority of our forces are; it's where the majority of our families live; it's where our headquarters are located. But we have forces prepositioned and stationed

around the entire Pacific realm."

Solider deployments from USARPAC have played a critical role in the wars in Iraq and Afghanistan, Wiercinski said. Since 2001, USARPAC has deployed 115,000 Soldiers into those areas.

The commander also praised the success of U.S. Army Garrison-Hawaii and its partnership with the local community.

"Our garrison here in Hawaii is the fourth largest garrison that we have in the Army," he said. "Just like we've signed a U.S. Army Covenant to our families and our Soldiers, we've signed a Hawaii Covenant that is also a commitment to the people here in Hawaii, the local community and the ohana that we all belong."

"We have many forums that we conduct monthly, quarterly and yearly to make sure we're staying on that path to meet our requirements and responsibilities," he said. "Some of the things that we do (are) teaching partnership and watching out for the environment and culture that is so rich here in Hawaii."

The keynote speaker at the conference was Adm. Robert Willard, commander, PACOM. He said Hawaii, as the forward-most state, is the most strategic in terms of entry into Asia and is an important region in the world.

130th Eng. Bde. highlights educated decision to re-enlist

Story and Photo by
CAPT. GARY MASON
130th Engineer Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Motivated Soldiers sounded off with cadence, as they ran through post recently, finishing with "under-the-tree" counseling on retention, here.

Command Sgt. Maj. Roy Ward, senior enlisted leader, 130th Engineer Brigade, 8th Theater Sustainment Command, emphasized the importance of making a decision to re-enlist prior to the Jan. 31 deadline.

Brigade commanders want to ensure that every Soldier receives professional development and the right counsel to make an educated decision that will impact their careers, livelihood and families for years to come. This professional development event encouraged retention Soldiers to make the important decision now.

"Where are you right now in your decision?" Ward asked, sharing the reasons he still serves. "Lead from the front, and select those best qualified to lead our Army."

Senior enlisted Soldiers, along with career counselors for the 130th Eng. Bde., used this run to ensure that every Soldier in the brigade has all the information needed to make an educated decision before planning for re-enlistment or separation from the Army.

Ward centered his attention on the oversized board displays of military leave and earning statements. The comparisons highlighted the monetary advantages service members receive while continuing their active service status. The chart also displayed the finan-



Left to right — Command Sgt. Maj. Roy Ward, senior enlisted leader, 130th Eng. Bde., 8th TSC; Master Sgt. Timothy Bogan, career counselor, 130th Eng. Bde., and Staff Sgt. Lisa Tomlin, career counselor, 65th Eng. Bn., 130th Eng. Bde., conduct counseling with brigade Soldiers, preparing them to make decisions on re-enlistment before the Jan. 31 deadline.

cial statements of married and unmarried enlisted personnel.

"What price would you place on your life? Priceless," he emphasized. "If you think like that, why wouldn't you invest in yourself?"

The counseling echoed how important it is to best utilize the pay, entitlements and education the military is offering to enhance personal and professional life.

"We are putting the Soldiers on notice; we are in the middle of a drawdown right now and in the middle of a budget crisis," said Staff Sgt. Lisa Tomlin, a career counselor for 65th Eng. Battalion, 130th Eng. Bde., adding that career counselors are available and ready to assist enlisted Soldiers in their decisions before the deadline. "We hope they get (assistance in making the correct decision)."

FOOTSTEPS in FAITH

Families need to adjust their pyramid for happier, healthier life

CHAPLAIN (CAPT.) MARK SEDWICK
65th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

We have enjoyed the great privilege of welcoming many Soldiers back from deployment in the last several months. After a couple of weeks of in-processing and another few weeks of block leave, we typically host multiple marriage enrichment retreats to help our families reconnect after so many months of living apart.

We also reach out to our single Soldiers and help them re-establish good dating habits as well.

I encourage you to seek out your battalion or brigade chaplain and let him or her know that you are strongly interested in attending a single Soldier or marriage retreat.

A typical stressor for most families,

especially during the holidays, involves managing your relationships with your children and with your extended family members.

Think of your nuclear family — husband, wife and children — as living inside of a pyramid. If your family believes in God, he resides at the top. You and your spouse live in the middle, and your children reside at the bottom.

Doesn't that sound weird and completely counter-cultural? Don't our children deserve to live at the top of the pyramid?



Sedwick

Many families think so, and I have witnessed many parents invert the pyramid, placing their children at the top. Once their babies leave the nest, 18-22 years later, many husbands and wives discover that they suddenly have nothing in common, nothing that binds them together, because they have devoted their entire lives to nurturing the children at the expense of meeting each other's needs. Many of these same couples suffer the pain of extra-marital affairs, chalked up to a mid-life crisis, and ultimately get divorced.

The concept of placing our children at the bottom of the pyramid doesn't reflect a lack of love on our part, nor does it imply that we have selfishly placed ourselves above our children in the "family food chain." Children should "look up"

at a mom and dad, who model how to love each other and who place God as the head of their family.

I encourage all of you to keep your moms and dads, brothers and sisters, and all other relatives and friends outside of your pyramid. This doesn't imply that we don't love our parents, siblings and friends. We just don't love them as much as we do our spouses and children. Even though our parents love us and want to continue helping us after we're married, you don't need or want them to penetrate your pyramid's perimeter and start managing your family's intimate details.

Once again, I encourage you to seek out your battalion or brigade chaplain and actively pursue the opportunity to attend a marriage retreat to help enhance your relationship with your spouse.

Voices of Ohana

What is your fondest memory of 2011?

Photos by 8th Military Police Brigade, 8th Theater Sustainment Command



"To be able to make it back home to Massachusetts."

Spc. Jeffery Alejandro
Communications, HHC, 8th MP Bde., 8th TSC



"Getting to see my grandchildren."

Chief Warrant Officer 4 Kimberly Bonville
Motorpool, HHC, 8th MP Bde., 8th TSC



"Getting promoted to master sergeant."

Master Sgt. Brian Hampton
Operations, HHC, 8th MP Bde., 8th TSC



"The whole year was amazing."

Spc. Darnell Jonas
Supply, HHC, 8th MP Bde., 8th TSC



"Getting orders to Hawaii."

Spc. Lesley Lindor
Mechanic, HHC, 8th MP Bde., 8th TSC

USARPAC expands presence, welcomes new commander

U.S. ARMY-PACIFIC
Public Affairs

FORT SHAFTER — America’s Army in the Pacific welcomed a new commander and expanded its footprint in Asia and the Pacific region during 2011.

Lt. Gen. Francis Wiercinski assumed command of U.S. Army Pacific from Lt. Gen. Benjamin Mixon during a change of command ceremony, March 21, on historic Palm Circle, here.

Other senior leaders in USARPAC also changed in 2011: Maj. Gen. Robert Mathews became deputy commanding general, USARPAC, July 18; and Maj. Gen. William Beard, became deputy commanding general, U.S. Army Reserves, Aug. 29.

Command Sgt. Maj. Frank Leota accepted the ceremonial noncommissioned officers sword that signified his assumption of authority from outgoing Command Sgt. Maj. Joseph Zettlemoyer, Feb. 25, during a ceremony on Palm Circle.

Army forces throughout Asia and the Pacific were realigned Oct. 1, resulting in a stronger Army voice from the Pacific to the U.S. Pacific Command and

Headquarters, Department of the Army. With the integration, USARPAC became the largest Army service component command, or ASCC, with enhanced capabilities for response in Asia and the Pacific region. Realignment of two senior Army headquarters also made USARPAC the single ASCC responsible for all armed forces’ responsibilities in Asia and Pacific region.

USARPAC’s primary element, which is fully prepared to respond to crises across the region, is the Contingency Command Post that validated its operational capability in a certification exercise in the Philippines during exercise Balikatan 2011. The 96 personnel of the CCP provide forward command post capability to USARPAC, specifically focusing on small-scale contingencies, such as supporting humanitarian assistance, disaster relief and peace operations.

Balikatan 2011, a bilateral exercise held annually in the Philippines between U.S. and Philippine forces, was one of the many exercises and military-to-military engagements from USARPAC Soldiers throughout the year. The 27th Balikatan exercise started April 5, and it served as an opportunity for bilateral training that is vital to maintaining readiness capabilities for both the

U.S. and the Philippine armed forces.

Yama Sakura also is a key annual exercise for USARPAC involving Japanese forces. Yama Sakura 59 began Jan. 22, and it was a simulation-driven, joint-bilateral, command post exercise. This was the 29th iteration of the Japan-based exercise series.

A key event during 2011 was the Pacific Armies Chiefs Conference VII and Pacific Armies Management Seminar XXXV, July 27-Aug. 1, in Singapore. USARPAC organized PAMS, an annual multinational military seminar that provided a forum for senior-level officers from countries in the region to exchange views and ideas.

USARPAC Soldiers were essential to operations in Afghanistan and Iraq in 2011. More than 11,000 Soldiers deployed to continue to support

operations in Afghanistan. USARPAC Soldiers among the last to leave Iraq.

USARPAC Soldiers are among the best in the Army, as demonstrated by competitors for USARPAC’s 2011 Noncommissioned Officer and Soldier of the Year titles. Staff Sgt. Adam Connolly, 25th Infantry Division, Schofield Barracks, was selected as NCO of the year, and Sgt. Christopher Side, 1st Battalion, 1st Air Defense Artillery Regiment, Japan, was USARPAC’s Soldier of the Year. The top Soldiers were recognized June 10, when USARPAC commemorated the Army’s birthday.

Civilian employees also were recognized for their contributions to USARPAC in 2011. USARPAC’s first Army Civilian Recognition awards program, March 9, recognized civilian service excellence. Civilian employees in nine categories, including Emerging Leader of the Year, Team Excellence and Unsung Heroes, were lauded a luncheon, here.



Sgt. 1st Class Christopher E. Joshua | 196th Infantry Brigade, U.S. Army-Pacific

The 196th Infantry Brigade, USARPAC, conducts the 2011 Charger Challenge Competition to determine its Noncommissioned Officer of the Year, April 25-27, 2011, at Fort Shafter.



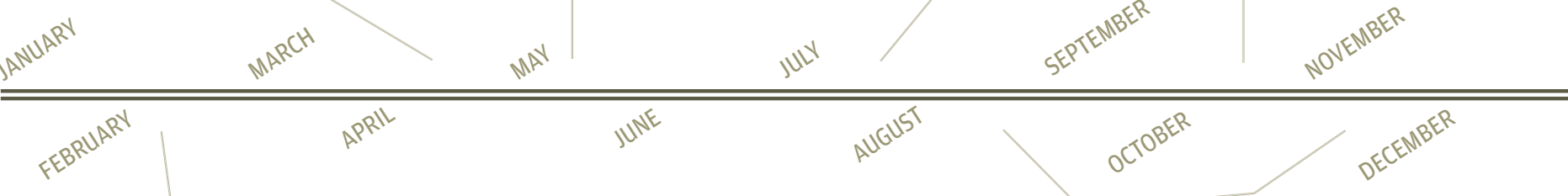
Staff Sgt. Crista Yazzie | 311th Signal Command Public Affairs

Cpl. Kimo Anderson, 311th Signal Command, figures out a way to lift the ladder he is standing on without letting it touch the ground. This event took place during the 2011 Best Warrior Competition, May 4, 2011.



Vickey Mouze | U.S. Army Garrison-Hawaii Public Affairs

Lt. Gen. Francis Wiercinski (left), commander, USARPAC, and Command Sgt. Maj. Frank Leota, senior enlisted leader, USARPAC, sign the Army Family Covenant, Oct. 20, 2011, at Schofield Barracks.



USAG-HI supports Hawaii’s Army family

AIKO ROSE BRUM
U.S. Army Garrison-Hawaii Public Affairs Office

WHEELER ARMY AIRFIELD — For U.S. Army Garrison-Hawaii, 2011 focused upon resiliency, net zero goals and operating within fiscal constraints, among other initiatives.

Directorates and offices achieved numerous milestones, from hosting the 40th Fourth of July Spectacular, to surpassing Army Emergency Relief goals, to supporting Army Force Generation, called ARFORGEN — the Army’s core process of building trained and ready forces — with innovation.

On a regular basis, garrison supported more than 95,000 Soldiers, families, civilians and retirees; across 22 military installations and training areas; and through numerous deployments.

Pacific Economic Cooperation forum in November. Putting veterans back to work and helping military spouses find meaningful employment were some of her concerns.

“Each time I speak with a veteran or military spouse, I am awed by their strength and resilience, and I am struck by just how much they’re contributing to our communities every single day,” she said.

For Army civilians, the year kicked off and ended with fiscal constraints. A two-year pay freeze and details about Hawaii’s locality pay had been announced. The garrison held a series of employee town hall meetings, throughout 2011, to inform personnel about workforce restructuring and budget woes.

DFMWR

The Directorate of Family and Morale, Welfare and Recreation debuted numerous initiatives. Among them were an expo to spotlight Comprehensive Soldier Fitness and a new designated driver campaign.

FMWR’s School Liaison Office continued to support military children and inform parents. In March, SLO notified them of changes to school boundaries; in July, it listed increased fees for bus passes. SLO announced state financial funding to support advanced placement courses in math and science; and military and government officials joined in discussions with a mainland commission to improve education for Hawaii military families.

FMWR received the 2010 Secretary of the Army Quality of Life award for its Blue Star Card and other programs, and its School Age Center received Leadership in Energy and Environmental Design, or LEED-Gold certification.

IPC

IPC began holding utility “mock billing” town halls to educate on-post housing residents about the new program in February.

IPC also earned LEED certification for green-building features in its homes, and received the 2011 Energy Efficiency and Sustainability Partnership Award from the Association of Defense Communities.

In September, IPC received the “Project of the Year: Green Award” from “Multifamily Executive,” a trade publication.

New initiatives

Workforce Development, in the Directorate of Human Resources, began a 12-month Fellows

Program, and Waianae’s Pililaau Army Recreation Center and the Big Island’s Kilauea Military Camp were reorganized under the Armed Forces Recreation Center.

Garrison hosted its first Facebook town hall, Aug. 31.

“This mix of social media and TV creates an ideal live and accessible town hall for nearly all members of our community,” said Col. Douglas Mulbury, commander, USAG-HI.

Oct. 1, Schofield’s Tropics Recreation Center reopened as the Tropics Warrior Zone, complete with the latest high-tech amenities for authorized patrons.

Weeks later, garrison held an inaugural Community Ohana Day, for diverse community members, and supported the first-ever “Polo Paina” at historic Palm Circle, Fort Shafter.



Mark Brown | LendLease

Col. Douglas Mulbury, commander, USAG-HI, helps plant a tree at the Child Development Center as part of the Arbor Day celebration at Schofield Barracks, Nov. 4, 2011. Garrison is committed to environmental stewardship and a sustainable infrastructure.

Soldiers, their families and civilians

USAG-HI held a successful Army Family Action Plan Conference, Feb. 8-11, at Schofield Barracks. Sixty-eight delegates attended, sorted through and prioritized 88 local issues.

Aug. 12, the Chief of Staff of the Army’s Transition Team met with key leaders and conducted a family forum, at Fort Shafter, to gather feedback from families about Armywide programs.

“I walked away feeling like my concerns were heard,” said Nina Elison, a family member.

Sept. 19, Sgt. Maj. of the Army Raymond Chandler III, and his wife, Jeanne, hosted a forum to talk with Soldiers and spouses at the Aliamanu Military Reservation Chapel.

Then, Oct. 20, the Army Family Covenant was renewed in a re-signing ceremony.

“The re-signing ceremony is a reaffirmation of the Army’s commitment and pledge to all of our families to provide you the absolute best in living conditions, employment opportunities, education and care,” said Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific.

His comments were affirmed when first lady Michelle Obama visited Hawaii for the 2011 Asia-

Sustainability

Planned improvements to Pohakuloa Training Area, or PTA, on the Big Island, began when Cooper Airfield opened; Oahu Army Natural Resource Program, or OANRP, completed meetings to benefit endangered species on Army lands; and military and government leaders reviewed cultural resource guidelines and findings concerning cultural preservation at Makua Military Reservation.

Early on, net zero goals – that is, balancing out use and production of resources – took center stage at USAG-HI.

A new smart-charging micro grid system at Wheeler Army Airfield provided a clean source of “green” power and controlled electrical power within the existing grid.

“This prototype underscores our stated goal to become the Army benchmark for environmental stewardship,” Mulbury said.

Honors

The garrison was recognized on many occasions. Notably, Oahu’s Mililani-Waipio-Melemanu Neighborhood Board No. 25 recognized USAG-HI for its financial contributions in protecting the state’s aina, or land.

The Eisenhower House at Kilauea Military Camp and the Soldiers Chapel at Schofield Barracks received Historic Hawaii Foundation preservation awards; the Schofield Barracks Commissary was recognized as the best in the Defense Commissary Agency; and Gold Star families received recognition when Gov. Abercrombie approved a license plate for children, spouses, parents, grandparents and siblings of fallen Soldiers.

8th TSC makes a difference during events on, off post

SGT. GAELLEN LOWERS

8th Theater Sustainment Command Public Affairs

WHEELER ARMY AIRFIELD — In 2011, the 8th Theater Sustainment Command exceeded its mission as the senior army logistics command in the Pacific Command area of responsibility.

That mission is to train, equip and tailor forces; plan and generate expeditionary capabilities; and provide timely and robust support of joint and combined forces across the full spectrum of military operations to maintain peace and stability, deter aggression, and fight and win in the Pacific.

In addition to high-level, brigade-wide training exercises both on- and off-island, 8th TSC Soldiers sharpened their basic warrior skills and executed weekly Sergeant’s Time Training.

Each 8th TSC brigade did much during the

year to stand out amongst its peers.

There was the successful execution of Operation Tomodachi, where the 8th Human Resources Command was able to help establish and account for all Army Soldiers, employees and family members by name, date and location throughout Honshu, Kyushu and Okinawa, Japan, by implementing the Army’s Deployed Theater Accountability System.

The 8th Military Police Bde. was there, too. Without a moment’s notice, it deployed two of its platoons to use their expertise in protecting against nuclear crisis and help the Japanese rebuild their nation.

45th Sust. Bde.

Soldiers from the 45th Sust. Bde. spent 2011 preparing for their upcoming deployment to Afghanistan in support of Operation Enduring Freedom.

The Unified Endeavor training exercise, held in May, at Fort Hood, Texas, not only trained the 45th Sust. Bde. to work as a team while performing its mission in a simulated environment, but also familiarized Soldiers with military travel.

8th MP Bde.

The 8th MP Bde., “Watchdogs,” defended the nation overseas and protected the military community in garrison. Nearly half the brigade either deployed or redeployed on missions, varying from Afghanistan to Japan, while those who remained in Hawaii policed the Army communities.

The Watchdog mission also stretched out beyond the Army posts to the local communities. One incident included a rescue of

women from a burning car on the H2 Highway in July.

The unit’s partner schools also reached new heights with the help of the Watchdogs. Waialua Elementary School received back-to-back Blue Ribbon Awards, the top award for academic excellence for schools with a significant amount of disadvantaged students, and Haleiwa Elementary School celebrated its 160th year anniversary after returning from the brink of closure.

The year added two battalions to the Watchdogs, the 303rd Ordnance Bn. and 524th Combat

The 8th MP Bde. ran stride for stride with the Honolulu Police Department, raising thousands of dollars for the Special Olympics during the Troy Barboza Torch Run in July.

Service and Support Bn., both from 45th Sust. Bde. The addition of the two battalions doubled



Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public Affairs

Maj. Gen. Michael J. Terry, commander, 8th TSC, takes time to talk to students and staff from Webling Elementary School, as well as read a story to some of the students, Nov. 4, 2011. Soldiers in 8th TSC participate in the School Partnership Program to stay involved and connected in the local communities.



Sgt. 1st Class Joseph Garcia | 45th Sustainment Brigade Public Affairs, 8th Theater Sustainment Command

Children of returning 540th Quartermaster Co., 524th Combat Sust. Support Bn., 45th Sust. Bde., 8th TSC Soldiers hold up welcome home posters, as they await the arrival of their parents at Wheeler Army Airfield, April 28, 2011.



Capt. Christopher Ren | 130th Engineer Brigade Public Affairs, 8th Theater Sustainment Command

Soldiers in 130th Eng. Bde., 8th TSC, build a new sidewalk next to the Child Development Center at Helemano Military Reservation, Feb. 2, 2011. Shown from left to right are Pfc. Orasio Romero, Pvt. Calvin Harris, Spc. Terry Harsell and Sgt. Theresa Falaniko.

JANUARY

MARCH

MAY

JULY

SEPTEMBER

NOVEMBER

FEBRUARY

APRIL

JUNE

AUGUST

OCTOBER

DECEMBER

TAMC stays on cutting edge of Army medicine

TRIPLER ARMY MEDICAL CENTER
Public Affairs

HONOLULU — Tripler Army Medical Center has an important mission in the Pacific Region.

It not only promotes, sustains and enhances service members’ health while training, developing and equipping a medical force that supports full-spectrum operations; it delivers leading-edge health services to warriors, military families and veterans.

TAMC kicked off 2011 by bringing new life to Hawaii, delivering Tehani Chiemi Tamashiro, the New Year’s baby for the island of Oahu.

In March, TAMC’s Department of Pastoral Care

sponsored a Strong Bonds event, where 19 military families, including 25 children with autism and their siblings, came together for a retreat. The goal was to bring together families, who share a common bond, to promote learning, support, encouragement and fellowship, while strengthening marriages and relationships.

In April, Army Medical Command’s medical home initiative reached Pacific Regional Medical Command, or PRMC, and TAMC proudly held the grand opening of the Warrior Ohana Medical Home Clinic in Kalaeloa.

The TAMC Internal Medicine Clinic also received the National Committee for Quality Assurance accreditation.

The month of June is typically known for graduation dates, and TAMC was no exception. The 121 members of the Graduate Professional Health Education Class of 2011 participated in a commencement ceremony, June 17.

Also in June, U.S. Army-Pacific, PRMC and TAMC, along with the Bangladesh Armed Forces Medical Institute, partnered in the planning and execution of the Medical First Responder Train-the-Trainer course, where more than 60 Bangladesh officers, nurses and soldiers learned basic medical treatment techniques involved in combat casualty care.

Just one month shy of the 10th anniversary of



Stephanie Bryant | TAMC Public Affairs

Residents and graduate medical students use the TAMC simulation center as part of the Graduate Professional Health Education program, to gain experience with procedures in their field, Nov. 2011.

Sept. 11, 2001, New York City’s John Labarera, battalion fire chief, and John Carroll, retired battalion chief, emphasized the need to never forget personal sacrifice during a visit to TAMC. The chiefs spoke of their appreciation of TAMC’s staff for all they do and the sacrifices they have made.

TAMC saw its first casualty of war in October 2011. Staff Sgt. Christopher Newman, 26, of Shelby, N.C., assigned to Medical Company A, Tripler Army Medical Center. He died Oct. 29, in Kabul province, Afghanistan, when the vehicle he was traveling with was struck with a vehicle-borne improvised explosive device.

The Emergency Department’s new waiting room was opened for use in November. During the past few years, the TAMC Emergency Dept. has experienced a growth in patient population, which currently exceeds 54,000 per year. To better meet the needs of its patients, the hospital has doubled the size of the department’s waiting area.

The PRMC’s Tele-behavioral Health cell officially opened its doors, Nov. 28, in support of the Army chief of staff’s directive to provide all Soldiers with behavioral health screening and treatment.

Also in fall 2011, TAMC’s Medical Simulation Center achieved the Society for Simulation in Healthcare accreditation. TAMC is the second simulation center in the Department of Defense to achieve this accreditation and the only one in Hawaii and the Pacific Region.

As TAMC wrapped up 2011, it welcomed the Pulse of the Pacific newspaper to the region. The digital newspaper is meant to keep staff and Soldiers, and most importantly, the region’s beneficiaries, up to date on health-related news.



Courtesy of Tripler Army Medical Center

Mary Nilges (left), group practice manager, Warrior Ohana Medical Home Clinic, provides a tour to guests during the clinic’s grand opening, April 20, 2011.



Sgt. Coltin Heller | 109th Mobilized Public Affairs Detachment, U.S. Division-North

Sgt. Thomas Cook, combat medic, Mobile Training Team, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, provides current medical training to Iraqi soldiers of the Intelligence, Surveillance and Reconnaissance Bn., 4th Iraqi Army Div., as part of training at the Field Engineer Regiment compound, March 19, 2011. During the 10-day training course, provided by the MTT, the Iraqi jinood, Arabic for soldiers, learned medical skills in addition to basic rifle marksmanship, and reconnaissance and intelligence techniques.

25th ID brigades make impact globally, locally



Sgt. Daniel Schroeder | 25th CAB Public Affairs, 25th ID

Lt. Col. Thomas O'Connor, commander, 2nd Squadron, 6th Cavalry Regt., 25th Combat Aviation Bde., 25th ID, plays with his son in the children's room of the new 25th CAB Family Support Center on Wheeler Army Airfield, Nov. 22, 2011.



Spc. Hillary R. Rustine | 3rd Brigade Combat Team Public Affairs, 25th ID

Command Sgt. Maj. Andrew Spano (standing), senior enlisted leader, 3rd BCT, 25th ID, briefs participants in the Soldier and Noncommissioned Officer of the Year Competition, Feb. 23, 2011, at Schofield Barracks.



Sgt. Nathan Akridge | 25th Infantry Division Public Affairs

From left to right — Sgt. Maj. Russell Salter, rear detachment command sergeant major, 25th ID; Lt. Col. Andrew Preston, operations, 25 ID; Brig. Gen. Roger Mathews, deputy commander, U.S. Army-Pacific, and Command Sgt. Maj. Frank Leota, senior enlisted leader, USARPAC, welcome 25th ID Soldiers home after their deployment to Iraq, at Hickam Air Force Base, Nov. 21, 2011.



Sgt. Daniel Schroeder | 25th CAB Public Affairs, 25th ID

Soldiers in the Mobile Training Team Air Assault Course rappel out of a UH-60 Blackhawk helicopter from the 2nd Assault Helicopter Bn., 25th Aviation Regt., "Diamond Head," 25th CAB, 25th ID, on the East Range Complex near Wheeler Army Airfield, May 24, 2011.



Spc. Hillary R. Rustine | 3rd Brigade Combat Team Public Affairs, 25th ID

Col. Richard Kim, commander, 3rd BCT, 25th ID, and Command Sgt. Maj. Andrew Spano, senior enlisted leader, case the colors during the brigade's deployment ceremony, March 4, 2011.



Command Sgt. Maj. Joseph R. Allen | U.S. Forces-Iraq

A Soldier with 25th ID hands out crayons to Iraqi children during Operation New Dawn, in October 2011.



Staff Sgt. Ricardo Branch | 2nd Brigade Combat Team Public Affairs, 25th Infantry Division

Soldiers with 2nd BCT, 25th ID, conduct a road test during the unit's reset phase, following a Stryker vehicle draw, Sept. 13, 2011, at Schofield Barracks.

In memorium



8th Theater Sustainment Command

- Feb. 27 – Spc. Andrew Wilfahrt, 31, 552nd Military Police Company, 504th MP Battalion, 8th MP Brigade
- March 5 – Staff Sgt. Mark Wells, 31, 74th Explosive Ordnance Disposal Co., 303rd EOD Bn., 45th Sust. Bde.

25th Infantry Division

- 2nd Bn., 27th Inf. Regiment, 3rd Bde. Combat Team
- May 23 – Pfc. Thomas Allers, 23

- May 23 – Pfc. William Blevins, 21
- May 23 – Pvt. Andrew Krippner, 20
- May 23 – Staff Sgt. Lorenzo Kristofferson, 33
- June 20 – Pfc. Joshua Jetton, 21
- July 19 – Staff Sgt. James Christen, 29
- July 19 – Sgt. Jacob Molina, 27
- Oct. 13 – Staff Sgt. Houston Taylor, 25
- Dec. 25 – Staff Sgt. Joseph Altmann, 27

2nd Bn., 35th Inf. Regt., 3rd BCT

- May 2 – Cpl. Kevin White, 22
- June 22 – Spc. Levi Nuncio, 24
- June 25 – 1st. Lt. Dimitri Del Castillo, 24

- June 26 – Spc. Kevin Hilaman, 28
- Dec. 11 – Spc. Ronald Wildrick Jr., 30

3rd Bde. Special Troops Bn., 3rd BCT

- June 25 – Staff Sgt. Nigel Kelly, 26
- July 31 – Sgt. William Gross Paniagua, 28
- Dec. 11 – Sgt. Christopher Muniz, 24

Tripler Army Medical Center

- Oct. 29 – Staff Sgt. Christopher Newman, 26, Medical Co. A

USACE-HD completes busy construction year

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT
Public Affairs

FORT SHAFTER — The U.S. Army Corps of Engineers-Honolulu District completed a busy and successful fiscal year 2011, awarding 547 contract actions, totaling more than \$544 million.

USACE-HD projects provide high-quality facilities to the armed forces, help protect and improve the lives of the people of Hawaii and the region, and provide jobs that stimulate the local economy.

Soldiers from U.S. Army Garrison-Hawaii benefited significantly from many of the projects awarded and completed by the Corps. Major military construction at Schofield Barracks included construction of two unaccompanied enlisted personnel barracks, construction of the Warriors in Transition Barracks and Warriors in Transition Complex, and construction of a 57,000-square-foot tactical equipment maintenance facility.

In November, USACE-HD and USAG-HI held

a ground blessing for the South Range training campus, which is part of a multi-million-dollar construction program at Schofield Barracks. With completion of the South Range facilities, the Army will have modern, high-quality facilities that enable training and maintain unit readiness, which equates to more productivity and higher morale.

In December, the district turned over two new, unaccompanied enlisted personnel barracks on Schofield Barracks, a Barracks Complex on Lyman Road and the other on Porter Loop. These barracks will house 600 Soldiers and save energy by adhering to Leadership in Energy and Environmental Design (LEED) Silver standards. For both facilities, the contractors are pursuing LEED Gold certification.

Other significant USACE-HD projects awarded in fiscal year 2011 included renovation of

Quad D Barracks, Buildings 450 and 451 at Schofield Barracks; removal of munitions and explosives from Waikoloa Maneuver Area in Waimea, Big Island, to ensure public safety; and replacement of a vital bridge in Tutuila, American Samoa.

In addition, the district awarded a \$945,000 Multiple Award Task Order Contract to install four chairlifts along the eastern side of the American Battle Monuments Commission’s Honolulu Memorial within the National Cemetery of the Pacific at Punchbowl, to facilitate the American Disabilities Act access to the entire monument. The project was completed before Veterans Day commemorations.

In support of its Small Business Program, USACE-HD awarded \$128 million of its total fiscal year 2011 new contract and task order dollars to small businesses. The Small Business Program ensures that small businesses have the maximum opportunity to win Department of Defense contracts, which is basic to the economic well-being and security of the nation.

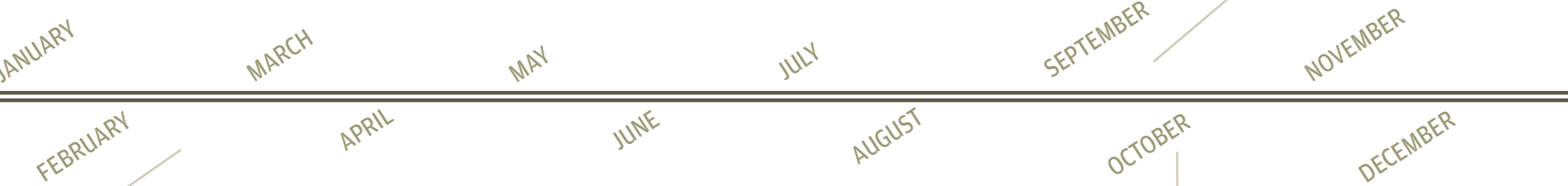
In civil and public works, USACE-HD signed a formal project partnership agreement with Hawaii’s Department of Land and Natural Resources for the construction of the Kawaiinui Marsh Ecosystem Restoration Project in Kailua. The project will restore habitats for four endangered waterbirds on Oahu.

Throughout 2011, district personnel also pro-



Angela E. Kershner | USACE-HD

Corey Yamashita, park ranger, USACE-HD, spreads mulch as volunteers cleaned up Kaha Garden at Kawaiinui Marsh City Park in Kailua, for National Public Lands Day, Sept. 24, 2011.



500th MI Bde. provides global intelligence support

500TH MILITARY INTELLIGENCE BRIGADE
Public Affairs

SCHOFIELD BARRACKS — The 500th Military Intelligence Brigade received the U.S. Army Installation and Security Command’s Commanding General Retention Award for accomplishing 117 percent of its assigned mission for fiscal year 2011.

The brigade has been recognized for being among the top INSCOM brigades for the last three years in retention.

“We have a strong command emphasis, which always equates to a successful re-enlistment program,” said Sgt. 1st Class Rex Fortner, senior career counselor, 500th MI Bde.

During February, the brigade’s 205th MI Battalion was recognized as the top blood donor unit for Tripler Army Medical Center’s Armed Services Blood Program.

“Soldiers never fail to make me proud to serve alongside them; this is another in a long line of events where Soldiers have raised the bar and made me feel honored to put this uniform on,” said Lt. Col. Timothy Parker, commander, 205th MI Bn.

That same month, Company C, 205th MI Bn., returned from its Afghanistan deployment. The unit was responsible for operating the Strategic Debriefing Center and provided counterintelligence coverage for the detention facility.

“There is no doubt that the intelligence extracted, crafted and reported by Charlie Co.,

205th MI Bn., had an impact on the battlefield and beyond,” Parker said.

The 205th MI Bn. participated in a joint training exercise with 25th Infantry Division, April 6 and 14, where Soldiers learned helicopter landing procedures, casualty evacuation, how to establish a perimeter and call in a 9-line medical evacuation.

Lt. Col. Douglas Edwards assumed command of the 205th MI Bn., June 30, at Palm Circle, Fort Shafter.

Later in the year, Soldiers from Co. A, 715th MI Bn., conducted a combined Network and Security Plus training in preparation for Cyberpilot Spin 11.4. The training session capitalized on lessons learned during Ulchi Freedom Guardian 2011 and further prepared Soldiers for future training, programs and cooperative exercises.

In October, 205th MI Bn. Soldiers completed a mission readiness exercise at the U.S. Army Intelligence and Security Command’s Detention Training Facility in Camp Bullis, Texas. The training was focused on conducting interrogations, instruction and integration into systems currently employed in Afghanistan.

Soldiers assigned to 715th MI Bn. attended the National Ground Intelligence Center’s Cyber Conference, Nov. 7-10, in support of National Security Agency/Central Security Service-Hawaii and to collaborate on the expanding cyber threats throughout the Pacific Command’s area of responsibility. The unit briefed on significant developments in cyber capabilities and threats during the past year.

The 500th MI Bde. is also involved in the community. It donated tables and chairs to Waialua schools, as part of the School Partnership Program and participated in the school’s graduation ceremony. Soldiers in the 205th MI Bn. conducted volunteer work at a Special Olympics soccer competition in August. Brigade Soldiers also volunteered and participated in several charity runs throughout the island.

Soldiers, civilians and family members of the 205th MI Bn. attended the Strategic Debriefing Element Deployment Ceremony, Dec. 16, as the unit is scheduled to deploy to Afghanistan in early 2012 to provide intelligence support to units in theater.

“The deployment ceremony is a chance to showcase our Soldiers for family and friends,” said Capt. John Wiebeld, commander, Strategic Debriefing Element. “These Soldiers have worked long hours training ensuring they are fully prepared to take on the upcoming mission.”



Sgt. 1st Class Sheryl Lawry | 500th MI Bde.

Soldiers and family members of Co. C, 205th MI Bn., 500th MI Bde., welcome home Soldiers, Feb. 14, 2011, after their deployment to Afghanistan.

MAPS: 70th Geospatial Co. provides recovery team with precise tool

CONTINUED FROM A-1

Sustainment Command. HAPS contacted Chief Warrant Officer 2 Erik Reid, topographical analyst, 70th Geospatial Eng. Co., and asked him to look at a set of coordinates from the 1945 report. After digging through the archives, he found the original 1943 topographical map. The coordinates from the vintage map were approximately 500 meters off from those on modern military maps. “In the Kahukus, 500 meters is a huge area,” Reid said. “I had to tighten the team’s search radius. So, we digitally scanned the map and used (geographic information system) software to overlay it onto satellite imagery of the area.” Using software and satellite technology, Reid was able to create an al-

most three-dimensional map of the crash site. “I felt like a geospatial detective,” Reid remarked, “Almost every key feature, every ridgeline or valley in the crash report was on our model. It was really exciting.” With the new map and coordinates, Reid provided the HAPS search team with a much more precise recovery tool. Despite the reconciled grid coordinates, the team made several unsuccessful attempts to locate the Kahuku crash. “The terrain out there was just crushing us,” Gier said. “We were motivated to find the pilot.” On the search team’s ninth try, recently, members were inserted into a helicopter landing zone near the wreck site. From this landing zone, the HAPS team began yet another difficult trek. Using a prominent stream

and other terrain features as a reference, the team stumbled upon a small piece of DeMoss’ F6F-3 aircraft. Having found the first piece of wreckage, the team continued along the stream, finding several more pieces of the aircraft, including two wheels, a propeller and pieces of aluminum. Parts of the plane were scattered across approximately 500 feet of overgrown terrain. Additionally, more than 60 years of rainwater and undergrowth had pushed, buried and concealed most of the aircraft. Although the HAPS team hasn’t yet found DeMoss’ remains, his family has some degree of closure, knowing the plane’s location. HAPS is now working with JPAC to recover and return DeMoss’ remains to his family.



Courtesy of the Hawaiian Aviation Preservation Society

After eight unsuccessful attempts, HAPS is able to locate this wheel and various other pieces from the 1945 F6F-3 crash site.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

14 / Saturday

Power Outages — A series of electrical power outages for parts of Fort Shafter is scheduled, 7 a.m.-11 p.m., Jan. 14, for buildings T103, T109, T115, T116 and T117; and 7 a.m.-11 p.m., Jan. 21, for buildings T103, T104, T105, T109, T111, T112, T113, T114, T115, T116 and T117.

16 / Monday

DOD Decal Requirement — Effective Jan. 16, USAG-HI will no longer issue Department of Defense decals for Privately Owned Vehicles (POV). As a result, the DoD decal will not be required for access to Army installations. Instead, the CAC card and other approved identification will be the single source used to allow access through any Army installation access control point. It will be the responsibility of each Soldier, family member, civilian employee and their commands to ensure that all privately owned vehicles comply with Hawaii State Law and are properly registered; vehicle owners have current valid insurance and the required state safety sticker. Call 656-6750.

ESGR Nominations — Employer Support of the Guard and Reserve, a Defense Department agency, is calling on Guard and Reserve members to nominate their supportive employers for the 2012 Secretary of Defense Employer Support Freedom Award before the Jan. 16 deadline. Guard and Reserve members, or a family member acting on their behalf, may nominate their chosen employers at www.FreedomAward.mil.

GSA Closure — The GSA Customer Supply Center at Hickam Air Force Base will close for annual inventory Jan. 23-27. Customers can shop at the GSA Schofield Barracks store during this time. The GSA Schofield Barracks store will close for inventory Jan. 30-Feb. 3. Customers can shop at the GSA Hickam store during this time. Call 448-8937, ext. 241, or 655-0280.

19 / Thursday

Interview Prep — Army Career and Alumni Program, Building 750, Schofield Barracks, is hosting an Interview Prep course, 1:30-4 p.m., Jan.

19. For those interested in attending the Resume Writing and Federal Application Process Workshops, call 655-1028, ext. 5, for an appointment and bring a copy of your position description, work history and references.

TARP Training — Hawaii’s Army Counterintelligence Office holds monthly Threat Awareness and Reporting Program (TARP) training throughout different locations in Hawaii. Call 655-1306/9501 for locations.

23 / Monday

Tax Center — The Tax Center at Schofield Barracks will be opening up for appointments for E4s and below, 7 a.m.-4 p.m., Jan. 23-24, and will be accepting appointments for everyone else starting Jan. 25. The Fort Shafter Tax Center is booking appointments, 9 a.m.-3 p.m., Tuesdays and Thursdays, beginning Jan. 26. Call 655-1040 for either location.

Ongoing

Traffic Lights — All traffic lights at the intersections on Schofield Barracks will be flashing red, 8 p.m.-6 a.m., daily. All motorists shall stop at the intersection with the flashing red, yield to cars with the right of away and then proceed into the intersection with caution. Call 655-1333.

Ohana Clinic — Tripler Army Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic and is open Monday-Friday, 8 a.m.-4:30 p.m., at 91-1010 Shangrila St., Ste. 100, in Kalaeloa. Call 433-5401/5402.

GIMLETS: Leaders gain confidence

CONTINUED FROM A-1

21st Inf. Regt. “Our team leaders influence Soldiers where the rubber meets the road. “They interact with our Soldiers on a daily basis, and it’s imperative that they understand the importance of their duties and responsibilities,” Jobe added. “Our Soldiers look to them for leadership and guidance. They have to do the right thing 24/7, 365 (days a year); they represent what right looks like to their men.” Sgt. Brett Russell, team leader from Company C, 1st Bn., 21st Inf. Regt., observed that many people simply imitate the leadership they have experienced in the past, but that example may or may not have been a correct one. “Take counseling as an example, I learned I should have been counseling Soldiers differently all this time,” Russell said. For Russell, the value of the course lay in the opportunity to glean information directly from his leadership without the distractions that collective training can present. Training and certifying leaders prior to training events is a priority for Lt. Col. Timothy Hayden, commander, 1st Bn., 21st Inf. Regt. “Competent and confident leaders equal competent and confident Soldiers,” Hayden said. In addition to creating leaders who are adaptive problem-solvers, Hayden said training leaders how to think, not what to think, also contributes to ensuring that Soldiers receive the best training possible. Leaders who can think critically are a force multiplier, Jobe added. In January, the Gimlets begin team-level sit-



Courtesy of 2nd BCT, 25th ID

1st Sgt. Jimmy Bonilla, Co. C, 1st Bn., 21st Inf. Regt., “Gimlets,” 2nd BCT, 25th ID, instructs Gimlet team leaders on the proper wear of the Army Service Uniform and how to make corrections.

uational and live-fire training exercises. The battalion’s success in those events depends on team leaders executing the basic disciplines learned in the Gimlet Team Leaders Course. The Gimlets who lead those teams must be able to successfully employ the fundamentals of small unit leadership and more.

2012 LAUNCHES NEW LOOK



“Newspaper and web design are like any other type of design; what was new five or 10 years ago is no longer new. It was time to update our look.”

Vickey Mouzé
Managing Editor

Print and web publications of ‘Hawaii Army Weekly’ get facelift

AIKO ROSE BRUM
Chief, Internal Communication

WHEELER ARMY AIRFIELD — A new year and a new look. Hopefully, readers have noticed tweaks in design beginning in this edition of the Hawaii Army Weekly newspaper.

The editorial staff has wanted to freshen the look of the HAW and its companion site at www.hawaiiarmyweekly.com, for some time. This year became the launch year.

“The HAW staff is excited to bring you, our reader, new, updated designs that are fresh and innovative, and that relate to our core audience of young, junior Soldiers,” said Vickey Mouzé, managing editor. “Newspaper and web design are like any other type of design; what was new five or 10 years ago is no longer new. It was time to update our look.”

Some newspapers are redesigned to lure a larger subscriber base and greater revenues. However, HAW changes were made for the reader’s sake.

“The HAW is now easier to read and has a unified feel with the new selection of fonts, graphics and other visual elements enlivening the paper,” said Nicole Gilmore, graphic designer for HAW.

“We realize that the reading habits of our audience are changing,” Mouzé added. “We’re competing with all things digital: text messaging, Twitter and online news sites.”

Since hosts of media compete for the reader’s attention, the USAG-HI Public Affairs Office uses all its available venues — including five social media sites, the garrison and HAW websites, the post TV2 cable access channel, electronic community bulletins and town hall meetings — to reach and engage Army Hawaii community members.

Military newspapers are published by commercial entities, and they are called civilian enterprise publications. They serve as an information tool for a military commander — which is the reason why a post newspaper is delivered to every resident in military family housing in USAG-HI.

The HAW publishes stories received from 15 tenant organizations and other contributors. However, the editorial staff is regularly challenged to publish current “news.”

The operational tempo, deploying units and severe personnel constraints often challenge timeliness, but the editorial staff and USAG-HI PAO hope the weekly newspaper serves a vital function for Soldiers, families, civilians, retirees and the surrounding communities that comprise HAW’s audience.

Updating the print and website design aims to make the reader’s leisurely reviews that much more enjoyable.

Garrison websites relaunch with refreshed designs and features

LACEY JUSTINGER

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — The face of U.S. Army Garrison-Hawaii’s digital news is undergoing a facelift.

Both the garrison’s website and Hawaii Army Weekly’s website were relaunched in November; although both are still available at their previous web addresses, they have new designs.

“The relaunch of these two new websites keeps USAG-HI current and relevant online,” said Dennis Drake, USAG-HI’s Public Affairs director. “They retain all the necessary information for Soldiers, families and civilians in an easier-to-read format.”

The HAW’s rebranded website is clean, contemporary and visually-appealing. The design has been streamlined for a more cohesive and legible product, while retaining functional and image-filled pages.

The new design highlights visual elements, with five featured articles that scroll on the home page.

Readers can view thumbnails and excerpts of recent articles divided by category on both the lower half of the home page and by clicking on any of the category tabs on the upper tool bar.

Looking for older content? Scroll down to the bottom to select the month and year, or click on “Full Issues” in the top tool bar, or search for content in the upper right corner.

There is also an option to subscribe to receive the HAW via emailed PDF or RSS feed. Click on “Subscribe” in the top tool bar to review these options.

The latest garrison photos and videos, and social media sites can be seen on the right side of the page.

The garrison’s website has an updated new look that coincides with Army branding, as seen on Army.mil, U.S. Army-Pacific’s Web page and 8th Theater Sustainment Command’s website.

The left side menu breaks down programs and services. For example, under the “Command” tab, people can view command publications and regulations, or connect with the Ask the Garrison Commander email address.

The tabs for “Directorates & Support Staff,” “Services,” “Living in Hawaii,” “Community,” “Supporting You,” “Staying Safe” and “Working with USAG-HI” all have separate menus that list offices, programs and services. The menus unfold to the right as you hover over tabs with arrows. For example, to find the directorates of Emergency Services or Family and Morale, Welfare and Recreation, hover over “Directorates & Support Staff,” then “Directorates,” then select the office you are looking for.

The “Customer Feedback” tab links to options that U.S. Army-Hawaii members can use to connect with the garrison, like Interactive Customer Evaluation, Ask the Garrison Commander, the Installation Access Council, the Army Family Action Plan and many more.

Got a question? Check out the “Customer FAQs” (frequently asked questions) tab for answers to issues like gate procedures, vehicle registration and decals, housing, ID cards and PT policies.

The “Sustainability” category covers environmental topics like recycling, natural resources and sustainable environmental management.

On the lower left side, there are several widgets that connect visitors to the garrison’s social media sites, including Facebook, Flickr, Twitter and YouTube. Recent garrison photos uploaded to Flickr can be seen on the lower right side of the page, along with the latest HAW headlines.

On the upper right side of the homepage, visitors can hover over the calendar to find garrison events, training or traffic alerts.

The top tool bar links to units around the island, customer feedback options and social media sites.

Even though the sites are located at the same addresses, users should still update their bookmarks. For example, a bookmark to www.garrison.hawaii.army.mil/sites will take a viewer to the old garrison site rather than newly designed www.garrison.hawaii.army.mil.

Check us out

See the new looks, provide feedback and get information at:

- www.hawaiiarmyweekly.com and
- www.garrison.hawaii.army.mil.





Today

Pau Hana — Kolekole Bar & Grill, Schofield Barracks, and Mulligan’s Bar & Grill, Fort Shafter, are introducing new pau hana hours. Hours are 5-7 p.m. every Monday, Tuesday, Wednesday and Friday; and 4-6 p.m. every Thursday. Call 438-1974 for Fort Shafter or 655-4466 for Schofield Barracks.

Live Bands— Kolekole Bar & Grill, Schofield Barracks, is featuring live bands, 8 p.m., Jan. 13. Call 655-4466.

14 / Saturday

Adventure Surfing I — Let Outdoor Recreation assist you with your adventures, 9 a.m.-2 p.m., Jan. 14, for adventure surfing lessons. Cost is \$48. Call 655-0143.

18 / Wednesday

Afterschool Program — Elementary-age children are invited to learn about the Chinese New Year, 3-3:45 p.m., Jan. 18, Sgt. Yano Library, Schofield Barracks. This program is for children ages 6 and up, and no registration is required. Call 655-8002.

Make-N-Take Crafts — Usher in the Year of the Dragon with a cool craft, 3-5 p.m., Jan. 18, Fort Shafter Library. All supplies will be provided. Call 438-9521.

19 / Thursday

Texas Hold ‘em — Play poker for free, 6 p.m., every Thursday, at Tropics Warrior Zone, Schofield Barracks. This monthly tournament tests your skills against the best of the best Army players.
All ID card holders 18 and older are welcome with no buy in. Upcoming dates are Jan. 19 and 26. Call 655-5698.

Keiki Craft Night — Bring your kids to keiki craft night at 5 p.m., Jan. 19, Hale Ikena, Fort Shafter. Enjoy making a different craft with your kids every month, while tasting some delicious food. Call 438-1974.

Investing — Be an informed investor with Morningstar Library edition, which is a comprehensive on-line investing database, including independent stock, mutual funds opinions and screeners to help make solid investment decisions.
Join us 2-6 p.m., Jan. 19, Sgt. Yano Library, Schofield Barracks, for a hands-on session.
This program is free and open to all active duty service members, families and Department of Defense civilians. Call 655-8001.

PULLING AHEAD



Jenny Duong | Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Soldiers in 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, pull ahead in the tug-of-war unit competition at Right Arm Night, Jan 6, at the Nehelani, here.

Right Arm Night is an Army tradition that Soldiers bring their "right arm" to build up morale and camaraderie. The Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii’s Right Arm Night features a buffet, a unit competition for \$250 in FMWR bucks, a Texas Hold ‘em poker tournament and multiple prizes.

The next Right Arm Night is at the Hale Ikena, Fort Shafter, and features Mardi Gras Madness, 4 p.m., Feb. 3.

20 / Friday

Pro Bowl Ohana Day — Register by noon, Jan. 20, to participate in Pro Bowl Ohana Day, 9 a.m.-noon, Jan. 28, at Aloha Stadium, Honolulu.
Limited free transportation is leaving at 7:45 a.m., from Schofield Barracks Bowling Center, and 8:15 a.m., from Fort Shafter’s Richardson Theatre. Transportation is open to those with military ID cards. Event is free and open to the public. Call 655-0115 or visit www.mwrmrmyhawaii.com.

Employment Orientation — Get employment information on federal, state, private sector and staffing agencies, 9-10:30 a.m., Jan. 20, Schofield Barracks’ ACS. Reference materials, job listings, computers and more are always available for use. Call 655-4227.

23 / Monday

Chinese New Year — Celebrate Chinese New Year’s Year of the Dragon by making a dragon puppet, 4-6 p.m., Jan. 23, AMR Library, and 3-5 p.m., Jan. 26, Sgt. Yano Library, Schofield Barracks. Supplies will be provided. Call 833-4851 or 655-8002.

24 / Tuesday

Create a Valentine — Families are invited to create a special Valentine. The library will provide all the

supplies; you bring the creativity. Come to the AMR Library, 2-4 p.m., Jan. 24, or Sgt. Yano Library, 2-4 p.m., Jan. 25. Call 833-4851 or 655-8002.

26 / Thursday

Conflict Resolution — During this interactive workshop, participants will learn how to recognize the signs of conflict in their lives, 9 a.m.-10:30 a.m., Jan. 26, ACS Training Center, Building 647, Schofield Barracks. Class will talk about communication, relationships and how to resolve issues. Call 655-0613/0669.

Ongoing

Great Aloha Run — The Sounds of Freedom division is composed of units running in formation. This division is not timed but maximum participation is rewarded.
Contact the SOF coordinator at 655-0856 or richard.kam@us.army.mil to participate.
Individual military entrants line up with the rest of the public on race day. There are prizes for the top three military male and female runners.
To use this option, sign up online or by mail using the Military Entry Form.
For more information, go to www.greataloharun.com,

www.mwrmrmyhawaii.com or call 528-7388.

Men & Women’s Volleyball — Bring your best skills to the playing field. Men’s and Women’s Beach Volleyball and Men’s Floor Volleyball entry deadline is Feb. 1. Women’s Floor Volleyball entry deadline is March 1. Call 655-0856.

Family Library — Army Community Service’s Family Advocacy Program at Schofield has consolidated libraries for both New Parent Support and the Exceptional Family Member Program into one parenting-skills lending library for military families. Call the New Parent Support Program at 655-4787.

Pro Bowl Presale — Tickets for the game are on sale at the Schofield Barracks Army Leisure Travel Services Office and are sold on a first-come, first-served basis. Ticket purchasers must have a military ID card and be 18 years of age or older. Call 655-9971. The annual contest of the AFC and NFC’s best will take place at Aloha Stadium, Honolulu.

UH Football Tickets — Buy University of Hawaii tickets at Army Leisure Travel Services, Schofield Barracks. Visit the office or call 655-9971.

skating is \$10 for adults and \$5 for children.

Ongoing

Scholarships for Military Children — Applications for the 2012 Scholarships for Military Children program are available through Feb. 24, at commissaries and at www.militaryscholar.org. The program awards at least one \$1,500 scholarship to a student at each commissary. To be eligible for a scholarship, the student must have a current military ID card and be an unmarried child – no older than 21, or 23 if enrolled as a full-time student at a college or university – of a service member on active duty, Reserve, National Guard, a retiree, a survivor of a military member who died while on active duty or a survivor of a retiree.

Commissary Gift Vouchers — Gift vouchers can be purchased to help military families in need enjoy holiday meals or to just give the gift of groceries to single Soldiers. Gift vouchers are available in \$25 denominations. Anyone, civilian or military, can purchase them, but only authorized shoppers can redeem them. Find vouchers at commissary customer service areas, cash offices and from cashiers at the full-service checkout.

17 / Tuesday
Yoga Classes — There are free yoga classes offered at Wheeler Community Center, every Tuesday and Thursday, at 9 a.m.

21 / Saturday
Volksmarch — Join the Menehune Marchers Volkspport Club on a 5K or 10K, Jan. 21, Asing Community Park, 91-1450 Renton Road, Ewa. Start between 7:30-10:30 a.m. Call 626-3575 or visit www.ava.org/clubs/menehunemarchers.

24 / Tuesday
SOS Meeting — Survivor Support Group Meeting for all survivors, including battle buddies, will be 5-8 p.m., Jan. 24, at the SOS Center, Fort Shafter Aloha Center, Building 330. Call 438-9285.

26 / Thursday
Magic Classes — Free magic classes are held at the Kalihi-Palama Library, 6 p.m., Jan. 26. A different aspect of magic is taught every month on the fourth Thursday. A parent must accompany children under 16. Call 234-5262 or 216-9672.

Island Ice Skating — Windward Mall in Kaneohe welcomes a synthetic skating rink through Jan. 26, 2-9 p.m., Monday-Friday; 10 a.m.-9 p.m., Saturdays; and 10 a.m.-5 p.m., Sundays. Cost of skate rental and ice

Military members (active/retired) and families will be allowed free entry, and a Military Appreciation Tent will be located on the course, providing free food and drinks for the service members and their families.

14 / Saturday
Body Surfing Championship — Marine Corps Community Services’ Semper Fit Aquatics program is looking for avid and amateur bodysurfers to compete in its 6th Annual Pyramid Rock Body Surfing Championship at Kaneohe Bay, Jan. 14 and 15. Competition is 7 a.m.-4:30 p.m., both days. This event is open to both military members and the public.
Registration is open at www.mccs-hawaii.com/surf.shtml. Registration fees are \$15 for military and \$20 for civilians. A late fee of \$5 will be assessed for registration after Jan. 9. Call 254-7655.

16/ Monday
Temporary Closures of Kunia Road — Kunia Road will be temporarily closed, Jan. 16-Feb. 14, 7 p.m.-5 a.m., and April 10-May 9, 7 p.m.-5 a.m., to install sewer lines. Construction activity will be restricted to night hours only, and traffic controls will be in place. Expect traffic delays to and from the installation during construction work hours. All lanes will be reopened and will return to normal traffic operations during non-construction hours.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

After-school Transportation — Schofield Barracks Middle School/Teen Center will be providing free after-school bus transportation from Wahiawa Middle School to the Center, which currently transports from Wheeler Middle, Mililani and Leilehua high schools. All students are required to be currently registered CYSS members and have signed a bus waiver. Register at Central Registration, 241 Hewitt St., Schofield Barracks, or call 655-0451.

Friday with Friends — The survivors and family members of fallen Soldiers will meet for scrapbooking and crafting memories, 9 a.m.-noon, Jan. 13, at the Survivor Outreach Services Center, Fort Shafter Aloha Center, Room 111, Building 330. Call 438-9285.

Military Appreciation Day — The PGA tour will open the 2012 golf season with the Sony Open at the Waialae Country Club, Jan. 12-15.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan	AFTB: Army Family Team Building AMR: Aliamanu Military Reservation BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services	EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and Recreation FRG: family readiness group HMR: Helemano Military Reservation	IPC: Island Palm Communities SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii WAAF: Wheeler Army Airfield
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worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF and FD
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
-9 a.m. at FD, MPC and TAMC chapels
-9 a.m. at WAAF chapel, Lutheran/Episcopalian
-10 a.m. at HMR
-10:30 a.m. at AMR

Single Soldiers’ Bible Study
•Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.

This Week at the

Movies

Joint Base Pearl Harbor-Hickam Memorial Theater

Call 624-2585 for movie listings or go to aaftes.com under realtime movie listing.



Arthur Christmas
(PG)
Fri., Jan. 13, 6 p.m.
Sat., Jan. 14, 4 p.m.

New Year’s Eve
(PG-13)
Fri., Jan. 13, 8:30 p.m.

The Twilight Saga: Breaking Dawn Part 1
(PG-13)
Sat., Jan. 14, 7 p.m.

The Muppets
(PG)
Sun., Jan. 15, 2 p.m.

Happy Feet 2
(PG)
Wed., Jan. 18, 7 p.m.

Puss in Boots
(PG)
Thurs., Jan. 19, 7 p.m.

No shows on Mondays or Tuesdays.

Hawaii is home to current Army’s only ‘Chief Warrant Officer 10’

Story and Photo by
SGT. GAELN LOWERS

8th Theater Sustainment Command Public Affairs

WHEELER ARMY AIRFIELD — The journey to achieve the rank of Chief Warrant Officer Five is a long one. For many, it is the culmination of more than 30 years of active duty service, with several deployments and many different duty positions. It represents the pinnacle of a career and being the top expert in one’s field. It is something that less than .1 percent of the military achieves. So the chances of two people making this rank in one family, within a few months of each other, are relatively slim, yet the Army welcomed its only Chief Warrant Officer Five married couple, currently serving, Dec. 17. Chief Warrant Officer 5 Mauricio Martinez met his wife, Chief Warrant Officer 5 Maria Martinez, during the Warrant Officer Advance Course, at Fort Rucker, Ala., prior to their Operation Iraqi Freedom 2007-2009 deployment. Both held the rank of Chief Warrant Officer Four at the time. “We’ve been best ‘battle buddies’ ever since,” said Mauricio. After their tours, both Mauricio and Maria were transferred to Hawaii, where Maria works with the 8th Theater Sustainment Command as the senior logistics advisor in the Distribution Management Center, and Mauricio became the targeting officer for the 5th Battlefield Coordination Detachment. It was here in Hawaii where they both were promoted to the highest rank in

the Warrant Officer field and became the Army’s only “Chief Warrant Officer 10.” “Success is something you attract by the person you become. Success is not something that you pursue; it’s like chasing a butterfly, you can’t quite catch it,” Mauricio said, quoting a phrase he learned long ago. Inspired by that quote and the family, friends, co-workers and peers that helped them along the way, the Martinez family makes a point to not meet the standard, but to raise it. “Everything you need to do to transform your life is easy, simply by making the right decisions, one at a time, over and over again, with persistence,” Mauricio added. “Consistency yields results. Life was not designed to give us what we need; life was designed to give us what we deserve.” Combined, the Martinez family has more than 70 years of military service, 10 combat tours and more awards and ribbons than some companies of Soldiers. Both Maria and Mauricio attribute their success to others they have served under, beside and over during their military careers, and they believe that anyone can achieve the same level of success and achieve their dreams. “Spend quality time with the men and women who have achieved goals and dreams similar to yours,” Mauricio concluded. “Model (yourself after) successful mentors, teachers, pastors, masters and allies. Do it daily, weekly and monthly, and you will turn your dreams into reality. I am, today, living the American dream.”



Chief Warrant Officer 5 Mauricio Martinez (center), targeting officer, 5th Battlefield Coordination Det., is promoted to his current rank by Lt. Gen. Francis Wiercinski (left), commander, U.S. Army-Pacific, and Mauricio’s wife, Chief Warrant Officer 5 Maria Martinez (right), senior logistics advisor, Distribution Management Center, 8th TSC.

Service open to help military families adjust animals to Hawaii

HAWAII MILITARY PETS
News Release

HONOLULU — Service members living in Hawaii now have a new resource for military pet information, celebrating the bond between pet owners and their animals. Hawaii Military Pets, or HMP, established last August, is a one-stop resource for all military pet information on Oahu. On the HMP blog and Facebook page, readers can learn about pet transport and base housing pet policies such as breed bans, veterinarian services, boarding facilities and more. “I started this resource because I saw a need for information in my own Navy housing community when it came to pets,” said Navy Lt. Theresa Donnelly, HMP owner and an active duty service member stationed at U.S. Pacific Command. “I wanted to take what I learned helping to run a boxer dog club and share that information with the Hawaii military pet community.” The Facebook page tackles tough issues for military families, such as what to do with a pet if a service member deploys, what the steps are to transition duty assignments with



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Pets can be an important addition to military families, as seen above, but service members and families need to take personal responsibility in the care and conduct of their pets. Review the policies at garrison.hawaii.army.mil/command/documents.htm. an animal and what are the best places to obtain a pet, whether that be from a shelter or a breeding home. “Having volunteered with a number of animal shelters that receive so many abandoned or relinquished military animals, I wanted to create a place where we could have discus-



Spc. Marcus Fichtl | 8th MP Bde., 8th TSC

Animals, such as the working dog seen here, add to the morale of military families and operations. sions on the importance of lifetime pet ownership,” said Donnelly. “So many people don’t understand how to travel with pets or where to go for certain services. This resource was designed to help answer many of these questions.” This year, HMP will be expanding its efforts with a series of educational seminars on pet care, moving with a pet, Hawaii animal laws and basic dog training. For more information, visit www.hawaiimilitarypets.com or look under Hawaii Military Pets on Facebook.

January is Physical Fitness Month

Runners should exercise caution in minimalist shoes

MAJ. ZACK SOLOMON
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — U.S. Army Public Health Command studies have demonstrated that shoe selection based on arch type does not reduce injuries.

A new trend, a departure from control and cushioning, has emerged in the minimalist running shoe.

This shoe is extremely flexible and low to the ground to create the sensation of running barefoot.

By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk

of running injuries. Whether the minimalist shoe lives up to these expectations remains to be seen.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so, because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, such as stress fractures. The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings, as the Soldier adapts to a shortened stride and forefoot strike.

The following are a few tips to make a smooth transition:

- Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.
- No more than a 10-percent increase in distance per week is

recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.

- Avoid running two days in a row in minimalist running shoes for the first four weeks.
- Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.
- Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.
- As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical providers or physical therapists.

Soldiers who smoke have increased injury risk, reduced muscle endurance

CHANEL S. WEAVER
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — Nearly one-third of active duty service members smoke, and that figure increases among troops in a combat zone, according to the 2008 Department of Defense Survey of Health-Related Behaviors.

Smoking cigarettes can eventually cause lung cancer and emphysema, but it doesn't always take 20 or 30 years to experience the adverse effects of smoking.

U.S. Army Public Health Command studies show that smoking has immediate health effects, such as increased injury risk and diminished physical performance.

"Past studies of Army basic trainees show the risk of injuries among Soldiers who smoke was as much as 90 percent higher than nonsmokers," said Michelle Chervak, senior epidemiologist, USAPHC.

"We can definitely say that smokers have a greater risk of any injury, and more specifically, overuse injuries (or) damage to musculoskeletal tissue that accumulates with repetitive activities such as running," she added. "Higher injury risk is likely due to factors that impair the body's healing and repair processes."

USAPHC studies have also demonstrated that smoking negatively impacts muscle endurance, especially as Soldiers get older.

"Our data shows that smokers perform fewer push-ups and sit-ups on the Army Physical Fitness Test," Chervak said.

Smoking can also affect mission readiness.

USAPHC studies have also shown that Soldiers who use tobacco have reduced night vision and mental sharpness, and increased risk of heat and cold injuries. Nicotine decreases oxygenated blood flow, resulting in a 30-percent reduction in night vision for normal eyes, and 50-percent reduction in those wearing corrective lenses. Likewise, smoking also causes reduced blood flow to the extremities, which leads to more heat and cold injuries as the body is unable to cool and warm them, especially fingers and toes.

President Barack Obama's National Prevention Strategy report states that cigarette smoking causes approximately 443,000 U.S. deaths each year. These deaths occur as a result of lung cancer, chronic bronchitis, strokes, heart attacks, emphysema and other conditions.

The financial costs of smoking are also significant. A recent Army Times article stated that tobacco use costs the Pentagon \$846 million a year in medical care and lost productivity. Not to mention the cost to the smoker, with cigarettes currently ranging from \$5 to \$12 a pack.

For those who wish to reduce smoking, there is good news. USAPHC studies show that the risk of a heart attack decreases 24 hours after stopping smoking, and after one tobacco-free year, the risk for heart disease is half that of smokers.

"Any reduction in tobacco use is considered a success," said Col. Heidi Warrington, chief nurse executive, USAPHC. "Soldiers who are having trouble quitting should focus on reducing the amount of cigarettes they smoke, with an ultimate goal of achieving a tobacco-free lifestyle."



Fitness Facts

Trainers help keep resolutions

KRISTY OSBORN
Schofield Barracks Health and Fitness Center

SCHOFIELD BARRACKS — It's always bathing suit season in Hawaii, so put down those last few Christmas cookies and fight for your health.



Osborn

"Every year, approximately 40-45 percent of well-intentioned American adults make one or more New Year's resolutions," according to Michael Garko, Ph.D. "However, the failure rate on keeping New Year's resolutions is abysmal, with some reports citing a failure rate as high as 80-90 percent. That is the bad news."

Whether you want to drop 10 pounds or 50 pounds, the first step in any healthy lifestyle change is commitment. Once you are committed to giving yourself the chance to experience life in the most fulfilling and active way, the personal trainers at the Health and Fitness Center, here, are ready to help you reach those goals.

The fully loaded center is the perfect place to begin your journey in 2012. With fitness classes, a welcoming staff and experienced trainers, the Health and Fitness Center is ready to help you realize your dream body.

Fit fitness into your day

For more information about the Personal Training Program and current training specials at the Health and Fitness Center, call 381-5944 or email kristyosborn@gmail.com.

Make a plan and stick to it. Here are three important tips to keep you on track towards your fitness resolution:

- Make sure you're not cutting calories so low that you slow your metabolism down.
- Don't compare yourself to others. Men and women, and different body types lose weight in completely different ways. Age makes a difference and so does genetics.
- A majority of people under-estimate their food intake and over-estimate their calorie expenditure through exercise. Keep a food journal, measure your portions and use a heart rate monitor to estimate your calorie burn throughout the day. This will give you a better idea of how to fuel your body.

Keep your eyes on the prize and focus on your success in 2012.

(Editor's Note: Information was compiled from "Dr. Garko's New Year's Resolution Recommendations For 2010: How To Be A Resolution-Keeper and Not A Resolution-Breaker," Michael Garko, Ph.D.)

Kicking the habit

For more information on smoking cessation, visit <http://phc.amedd.army.mil>.

- Quit Tobacco—Make Everyone Proud, www.ucanquit2.org.
- American Lung Association, www.lungusa.org/stop-smoking/workplace-wellness/.
- American Cancer Society, www.cancer.org/Healthy/StayAwayfromTobacco/index.

A graphic of a hand with the index finger pointing towards the list of resources.